

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Women 100 Meter Dash**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1 Wind: -4.2					
1 Burt, Faith	W28	Unattached	11.93	12.43	12.44 84.39%
2 Howell, Magnolia	W36	Unattached	11.70	12.44	12.32 85.21%
3 Barney, Colleen	W52	Joy's Jackra	13.77	14.15	12.52 83.82%
4 Mann, Elly	W43	Unattached	13.89	14.35	13.71 76.59%
5 Goudeau, Omega	W41	Unattached	12.17	14.89	14.22 73.81%
6 Clarke, Amanda	W54	Joy's Jackra	15.50	16.13	14.27 73.53%
7 Bergen, Kathy	W79	SC Striders	16.41	17.19	11.95 87.78%
8 Bowman, Jeanne	W66	SC Striders	17.69	17.92	13.96 75.17%

**Men 100 Meter Dash**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1 Wind: -1.7					
1 Ziskin, Daniel	M71	So Cal Track Club	14.71	15.11	11.76 83.26%
2 Smith, Doug	M79	SC Striders	15.23	15.93	11.81 82.93%
3 Ryan, Steve	M78	Unattached	19.50	19.71	14.61 67.02%
Section 2 Wind: -2.6					
1 Foster, Robert	M57	So Cal Track Club	12.22	12.54	10.92 89.71%
2 Speed, Johnny	M55	Pacific Coas	12.50	12.86	11.20 87.48%
3 Madha, Omar	M51	Unattached	12.93	14.07	12.66 77.33%
4 Allaire, John	M59	Unattached	13.00	14.11	12.29 79.73%
5 Madison, Clifford	M61	Unattached	13.86	14.13	11.89 82.38%
6 Clemons, Tony TC	M53	Trojan Masters T.C.	12.43	14.41	12.97 75.50%
Section 3 Wind: 2.7					
1 Wade, Dallas	M27	Unattached	11.30	11.67	11.68 83.89%
2 Jean, Ronald	M41	Unattached	11.77	12.13	11.62 84.25%
3 Nasser, Ramsey	M32	Trojan Masters T.C.		12.18	12.19 80.38%
4 Stallworth Sr, Chandler	M20	Unattached	11.70	12.32	12.33 79.46%
5 Maturan, James	M25	Unattached	12.25	12.44	12.45 78.70%
6 Hernandez, Justin	M36	Unattached	12.00	12.63	12.47 78.54%
7 Rosenzweig, Sky	M18	Unattached	12.76	13.05	13.06 75.02%
8 Marco, Franco	M48	Unattached		13.34	12.39 79.01%
9 Pan, Mark	M45	Unattached		16.47	15.30 64.00%

**Women 200 Meter Dash**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1 Wind: -5.2					
1 Burt, Faith	W28	Unattached	24.50	25.32	25.33 84.28%
2 Howell, Magnolia	W36	Unattached	23.60	25.66	24.90 85.74%
3 Panteau, Laura	W20	Team F.O.C.O.S.	24.24	26.73	26.74 79.84%
4 Barney, Colleen	W52	Joy's Jackra	27.86	29.12	25.11 84.99%
5 Watkins, Darnesha	W47	Unattached	27.60	30.19	27.12 78.70%
6 Clarke, Amanda	W54	Joy's Jackra	30.70	32.62	28.13 75.87%
7 Goudeau, Omega	W41	Unattached	25.60	32.71	30.56 69.83%
8 Centeno, Christine	W53	So Cal Track Club		34.24	29.53 72.28%
Section 2 Wind: -2.0					
1 Bergen, Kathy	W79	SC Striders	38.50	36.51	23.90 89.32%
2 Bowman, Jeanne	W66	SC Striders	37.51	37.81	28.52 74.82%

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Name	Age	Team	Seed	Finals	Age-Grading
Section 1 Wind: -3.9					
1 Stallworth Sr, Chandler	M20	Unattached	24.60	24.35	24.36 79.34%
2 Duff, Brian	M42	Unattached		25.36	24.19 79.89%
3 Nasser, Ramsey	M32	Trojan Masters T.C.		25.73	25.74 75.09%
4 Douglas Jr, Shawn	M30	Unattached	23.30	26.01	26.02 74.28%
5 Hernandez, Justin	M36	Unattached	25.00	26.69	26.26 73.59%
6 Marco, Franco	M48	Unattached		26.88	24.83 77.83%
Section 2 Wind: -3.3					
1 Speed, Johnny	M55	Pacific Coas	25.50	25.61	22.11 87.39%
2 Foster, Robert	M57	So Cal Track Club	25.20	25.72	22.21 87.01%
3 Lee, David	M47	Unattached		29.39	26.26 73.60%
4 Dayan, David	M51	Unattached	30.79	29.47	26.33 73.40%
5 Molinski, Michael	M56	Unattached	29.00	30.52	26.35 73.33%
6 Gore, Brian	M51	Unattached	28.00	30.59	27.33 70.71%
7 Garratt, Rodney	M55	Unattached	31.00	30.72	26.53 72.85%
8 Nicholson Jr, Albert	M52	Unattached		42.48	37.96 50.92%
Section 3 Wind: -3.3					
1 Madison, Clifford	M61	Unattached	29.77	30.59	25.49 75.81%
2 Sabia, Frank	M61	Unattached		42.48	35.40 54.59%
Section 4 Wind: -2.0					
1 Ziskin, Daniel	M71	So Cal Track Club	31.28	31.84	24.34 79.40%
2 Gast, Monte	M71	Unattached		39.46	30.16 64.06%
3 Ryan, Steve	M78	Unattached	45.00	44.18	31.88 60.62%

**Men 400 Meter Dash**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1					
1 Gore, Brian	M51	Unattached	1:01.00	1:01.17	53.55 80.64%
2 Dayan, David	M51	Unattached	1:02.24	1:03.99	56.02 77.09%
3 Andrade, Claudio	M52	So Cal Track Club	1:02.00	1:04.04	56.07 77.03%
4 Lee, David	M47	Unattached		1:09.84	1:01.14 70.63%
5 Culling, Robert	M87	Unattached		1:57.88	1:05.40 66.02%
-- Lindsley, Frederick	M74	So Cal Track Club	1:11.13	DNF	
Section 2					
1 Spellman, Jacob	M18	Unattached	52.00	54.73	54.74 78.90%
2 Stallworth Sr, Chandler	M20	Unattached	57.40	56.14	56.15 76.91%
3 Rice Jr, Eros	M35	Unattached	55.41	56.37	54.42 79.35%
4 Douglas Jr, Shawn	M30	Unattached	55.50	56.63	56.64 76.25%
5 Speed, Johnny	M55	Pacific Coas	56.80	57.87	48.93 88.27%
6 Marco, Franco	M48	Unattached		59.00	53.42 80.83%
7 Garratt, Rodney	M55	Unattached		1:04.82	54.80 78.80%
8 Sabia, Frank	M61	Unattached		1:30.31	1:13.64 58.64%

**Men 800 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1					
1 Duff, Brian	M42	Unattached		2:00.32	1:55.03 87.90%
2 Kang, Jinwoo	M17	Unattached	1:56.96	2:04.46	2:04.47 81.24%
3 Smith, Miles	M48	Unattached	2:08.00	2:14.98	2:04.23 81.40%

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....Men 800 Meter Run**

4	Chao, Eric	M44	Unattached		2:33.45	2:26.70	68.92%
5	Morales Sr, Luis	M58	Cal Coast Tr	2:31.00	2:34.96	2:11.57	76.85%
6	Nelson, Brian	M61	Cal Coast Tr	2:31.32	2:35.24	2:06.26	80.08%
7	Morris, Bob	M66	Unattached	3:04.00	3:02.55	2:21.96	71.23%
8	Culling, Robert	M87	Unattached		4:25.66	2:25.53	69.48%

**Men 1500 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Sallberg, Jacques	M44	Cal Coast Tr	4:02.00	4:27.89	4:15.01 80.78%
2 Smith, Miles	M48	Unattached	4:20.00	4:33.48	4:09.56 82.55%
3 Cox, Darren	M49	So Cal Track Club	4:44.00	4:50.81	4:25.37 77.63%
4 Diaz, Leonard	M44	Unattached	4:55.00	4:56.76	4:42.49 72.92%
5 Chao, Eric	M44	Unattached		5:08.02	4:53.21 70.26%
6 Nelson, Brian	M61	Cal Coast Tr	5:02.22	5:09.13	4:05.42 83.94%
7 Morales Sr, Luis	M58	Cal Coast Tr	4:55.00	5:11.19	4:19.44 79.40%
8 Morris, Bob	M66	Unattached	6:02.00	6:11.80	4:39.93 73.59%
9 Culling, Robert	M87	Unattached		9:14.80	4:44.12 72.51%

**Women 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Cindy, Theodosia	W32	Unattached		24:57.17	24:57.18 57.75%

**Men 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Sallberg, Jacques	M44	Cal Coast Tr	15:32.00	15:48.69	15:15.59 82.68%
2 Daneshgar, Brian	M25	Unattached	17:30.00	18:09.10	18:09.11 69.51%
3 Lassegard, Steve	M67	Cal Coast Tr	23:12.00	24:30.98	19:20.90 65.21%
4 Siddons, Alan	M67	SC Striders	29:10.00	30:05.81	23:45.15 53.12%
-- Murdock, Ev	M78	Unattached	24:45.00	DNF	

**Men 10000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Cox, Trevor	M40	Cal Coast Tr	37:30.00	38:07.95	36:47.42 71.58%
2 Cook, Paul	M66	Unattached		43:52.41	34:28.55 76.38%

**Men 100 Short Hurdles**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1					Wind: NWI
1 Andrade, Claudio	M52	So Cal Track Club	19.00	19.83	19.05 67.78%
-- Nicholson Jr, Albert	M52	Unattached		DNF	

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Women 300 Long Hurdles**

Name	Age	Team	Seed	Finals	Age-Grading
Section 1					
1 Centeno, Christine	W53	So Cal Track Club		58.57	58.58 89.36%
2 Bowman, Tina	W66	Unattached	1:01.90	1:06.83	1:06.84 78.32%

**Men 300 Long Hurdles**

Name	Age	Team	Seed	Finals	Age-Grading
1 Hecker, Andrew	M64	Unattached		1:01.15	1:01.16 76.50%
2 Gast, Monte	M71	Unattached		1:09.66	1:09.67 67.15%

**Men 400 Long Hurdles**

Name	Age	Team	Seed	Finals	Age-Grading
1 Chapman, Andre	M26	Unattached	52.02	52.74	52.75 88.70%
2 Ott Wright, Kevin	M32	Unattached	51.72	53.08	53.09 88.13%

**Men 2000 Meter Steeplechase**

Name	Age	Team	Seed	Finals	Age-Grading
1 Nelson, Brian	M61	Cal Coast Tr		9:18.08	11:17.46 69.91%
2 Wilson, Dennis	M63	Unattached	9:00.00	10:02.47	12:11.34 64.76%
3 Hecker, Andrew	M64	Unattached	11:40.00	12:07.20	14:42.75 53.65%
4 Linde, Gunnar	M90	Santa Monica	11:06.76	14:40.54	8:54.67 88.58%

**Men 3000 Meter Steeplechase**

Name	Age	Team	Seed	Finals	Age-Grading
1 Cox, Darren	M49	So Cal Track Club	10:56.00	10:43.87	9:23.00 84.13%

**Mixed 4x100 Meter Relay**

Team	Seed	Finals
1 Unattached 'A' 1) Marco, Franco 48                      2) Hernandez, Justin 36		51.73

**Women High Jump**

Name	Age	Team	Seed	Finals	Age-Grading
Flight 1					
1 Steekelenburg, Annelies	W71	SC Striders	1.20m	1.20m	1.89m 90.91%
2 Bergen, Kathy	W79	SC Striders	1.15m	1.15m	1.96m 94.26%
3 Smith, Darcy	W64	Unattached	1.00m	1.01m	1.39m 66.45%
4 Glass, LaTanya	W72	SC Striders	1.05m	1.00m	1.57m 75.76%

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Men High Jump**

Name	Age	Team	Seed	Finals	Age-Grading
1 Lee, David	M47	Unattached		1.50m	1.74m 71.09%
2 Allaire, John	M59	Unattached	1.40m	1.45m	1.78m 72.50%
3 Goodreau, James	M74	Unattached	1.35m	1.37m	2.03m 83.03%
4 Burrell, Otis	M75	Unattached	1.30m	1.20m	1.91m 77.92%
5 Gast, Monte	M71	Unattached		1.15m	1.79m 73.25%
6 Bergen, Bert	M81	SC Striders		1.10m	1.89m 77.46%
6 Ryan, Steve	M78	Unattached	1.00m	1.10m	1.75m 71.43%
6 Lyons, Charles	M64	So Cal Track Club	1.05m	1.10m	1.43m 58.51%
-- Molinski, Michael	M56	Unattached	1.50m	NH	

**Men Pole Vault**

Name	Age	Team	Seed	Finals	Age-Grading
1 Andrade, Claudio	M52	So Cal Track Club	3.20m	3.05m	3.74m 61.00%
2 Gast, Monte	M71	Unattached		2.16m	3.66m 59.67%
-- Ferguson, Jeffery	M64	Unattached	3.35m	NH	

**Women Long Jump**

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Panteau, Laura	W20	Team F.O.C.O.S.	5.90m	5.99m	NWI	5.99m 79.65%
2 Jones, Jennifer	W58	Unattached		3.38m	NWI	4.53m 60.25%

**Men Long Jump**

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Spellman, Jacob	M18	Unattached	5.81m	5.70m	NWI	5.70m 63.69%
2 Long, William	M60	Joy's Jackra	5.60m	5.24m	NWI	7.37m 82.39%
3 Rosenzweig, Sky	M18	Unattached	4.74m	4.66m	NWI	4.66m 52.07%
4 Molinski, Michael	M56	Unattached	4.70m	4.45m	NWI	5.83m 65.25%
5 Allaire, John	M59	Unattached	4.60m	4.12m	4.7	5.40m 60.41%
6 Fitzpatrick, Bill	M68	SC Striders	4.32m	4.03m	NWI	6.11m 68.42%
7 Tomaschke, John	M69	So Cal Track Club	4.20m	3.77m	NWI	5.72m 64.01%
8 Lyons, Charles	M64	So Cal Track Club	2.83m	3.13m	NWI	4.40m 49.21%
9 Ryan, Steve	M78	Unattached	3.00m	2.95m	5.7	5.31m 59.36%

**Women Triple Jump**

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Pinne, Marija	W45	Unattached	9.89m	10.02m	NWI	11.47m 74.00%
2 Jones, Jennifer	W58	Unattached		5.81m	NWI	7.59m 48.99%

**Men Triple Jump**

Name	Age	Team	Seed	Finals	Wind	Age-Grading
2 Rosenzweig, Sky	M18	Unattached	10.47m	8.81m	NWI	8.81m 48.17%
3 Flowers, Carl	M72	So Cal Track Club		8.54m	NWI	13.71m 74.98%
4 Fitzpatrick, Bill	M68	SC Striders	8.28m	8.20m	NWI	12.13m 66.34%

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....Men Triple Jump**

-- Tomaschke, John	M69	So Cal Track Club	8.97m	9.26m	NWI	13.70m	74.92%
-- Lyons, Charles	M64	So Cal Track Club	6.76m	6.50m	NWI	8.92m	48.76%

**Women Shot Put**

Name	Age	Team	Seed	Finals	Age-Grading
1 Glass, LaTanya	W72	SC Striders	8.30m	8.67m	16.09m 71.12%
2 Smith, Darcy	W64	Unattached		6.20m	9.30m 41.14%

**Men Shot Put**

Name	Age	Team	Seed	Finals	Age-Grading
1 Venditti, Stephen	M49	So Cal Track Club	12.00m	12.43m	14.94m 64.64%
2 MacDonald, Craig	M54	So Cal Track Club	12.83m	12.42m	14.55m 62.95%
3 Hurlbert, Ken	M79	So Cal Track Club	11.25m	11.15m	15.60m 67.49%
4 Hart, Larry	M72	Unattached	11.00m	10.84m	13.88m 60.06%
5 Triana, Asniel	M40	So Cal Track Club	11.00m	10.83m	12.06m 52.17%
6 Watson, Richard	M66	AZ Desert Throwers	10.63m	10.16m	13.82m 59.80%
7 Lyons, Charles	M64	So Cal Track Club	9.54m	9.50m	11.85m 51.30%
8 Gast, Monte	M71	Unattached		9.39m	12.02m 52.02%
9 Rizzo, Steve	M51	So Cal Track Club	9.51m	9.03m	10.58m 45.77%
10 Sheakley, Harold	M78	Unattached	9.17m	8.71m	12.18m 52.72%
11 Durrenberger, Joe	M84	So Cal Track Club	8.54m	8.09m	12.17m 52.67%
12 Rosen, Alan	M83	Unattached	7.60m	7.80m	11.74m 50.78%

**Women Discus Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Bergen, Kathy	W79	SC Striders	18.00m	18.82m	40.54m 52.81%
2 Smith, Darcy	W64	Unattached	16.00m	16.00m	25.53m 33.25%
3 Braxton, Freddie	W69	Trojan Masters T.C.	8.72m	9.45m	16.94m 22.06%

**Men Discus Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Triana, Asniel	M40	So Cal Track Club	40.00m	37.13m	40.89m 55.20%
2 Hart, Larry	M72	Unattached	40.00m	37.01m	47.30m 63.85%
3 MacDonald, Craig	M54	So Cal Track Club	39.75m	36.92m	37.72m 50.92%
4 Watson, Richard	M66	AZ Desert Throwers	39.82m	36.12m	42.03m 56.74%
5 Venditti, Stephen	M49	So Cal Track Club		31.96m	38.50m 51.98%
6 Barry, James	M61	Unattached	35.63m	29.75m	31.61m 42.68%
7 Lyons, Charles	M64	So Cal Track Club	25.36m	27.88m	29.63m 40.00%
8 Rizzo, Steve	M51	So Cal Track Club	28.75m	26.86m	27.44m 37.05%
9 Rosen, Alan	M83	Unattached	25.00m	25.00m	41.10m 55.48%
10 Sheakley, Harold	M78	Unattached	25.00m	20.56m	29.46m 39.78%
11 Durrenberger, Joe	M84	So Cal Track Club	20.03m	18.82m	30.94m 41.77%

**2019 USATF So Cal Masters Championships - 6/9/2019****West Los Angeles College****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Women Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Smith, Darcy	W64	Unattached	10.80m	16.29m	25.01m 32.48%

**Men Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Goldhammer, John	M65	Unattached	56.48m	55.61m	81.50m 93.97%
2 Watson, Richard	M66	AZ Desert Throwers	40.08m	38.14m	55.89m 64.45%
3 Durrenberger, Joe	M84	So Cal Track Club	20.01m	22.95m	42.81m 49.35%
-- Hart, Larry	M72	Unattached	50.00m	ND	

**Women Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Bowman, Tina	W66	Unattached	23.81m	23.20m	45.37m 62.17%

**Men Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Elliott, Jeff	M51	Unattached	45.83m	43.57m	55.72m 56.58%
2 Barry, James	M61	Unattached	35.02m	32.39m	47.95m 48.69%
3 Gast, Monte	M71	Unattached		29.97m	52.33m 53.14%
4 Rook, Ronald	M70	Unattached	26.51m	28.29m	49.39m 50.16%
5 Rizzo, Steve	M51	So Cal Track Club	30.46m	27.69m	35.41m 35.96%
6 Sheakley, Harold	M78	Unattached	23.67m	22.51m	45.24m 45.94%

**Men Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
1 Goldhammer, John	M65	Unattached	20.20m	19.50m	21.74m 84.09%
2 Hart, Larry	M72	Unattached	19.00m	18.53m	21.13m 81.74%
3 Watson, Richard	M66	AZ Desert Throwers	13.74m	12.73m	14.19m 54.89%
4 Durrenberger, Joe	M84	So Cal Track Club	9.56m	9.39m	12.24m 47.35%

**Men Super Weight**

Name	Age	Team	Seed	Finals	Age-Grading
1 Goldhammer, John	M65	Unattached	10.30m	10.71m	
2 Watson, Richard	M66	AZ Desert Throwers	8.16m	6.77m	
3 Durrenberger, Joe	M84	So Cal Track Club	5.40m	3.02m	

**Women - Team Rankings - 13 Events Scored**

1) SC Striders Track Club	88	2) Joy's Jackrabbits Track C	36
3) Team F.O.C.O.S.	18	4) So Cal Track Club	16
5) Trojan Masters T.C.	10		

**2019 USATF So Cal Masters Championships - 6/9/2019**

**West Los Angeles College**

**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**....Men Super Weight**

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Men - Team Rankings - 23 Events Scored  
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1) So Cal Track Club	298	2) Cal Coast Track Club	90
3) SC Striders Track Club	46	4) AZ Desert Throwers	44
5) Trojan Masters T.C.	28	5) Pacific Coast Track Club	28
7) Joy's Jackrabbits Track Cl	10	7) Santa Monica Track Club	10